

Experiences Related to Children

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

After my child spent a period of weeks listening to *Metamusic* tapes while falling asleep, her preschool teacher said to me, “I am amazed at her attention span, her ability to listen to and follow directions, her desire to do what pleases, and the effort she is willing to expend to master activities that are hard or challenging for her.”

I give piano lessons to a seven-year-old girl and was training her to play scales with a metronome. For several weeks she was able to play at 126 beats per minute (bpm). This week I played the *Concentration* tape through speakers during the lesson. We started the metronome at 126 bpm and speeded it up gradually. She was able to play at 160 bpm. Hey, that's great!

Your children's sleep tapes have changed bedtime from an ordeal that used to last all evening long to a peaceful, happy routine.

My 2-1/2-year-old granddaughter asks that I keep playing *Cloudscapes* over and over throughout her visits. She listens for the ‘ting, ting, ting’ near the end of the piece and we imagine together that our fairy godmother is touching us with her magic wand and drenching us with love.

A three-year-old boy I'd been treating in play therapy for several months had finally been asked to leave his daycare because of his sporadic, violent behavior. In our regular session, after asking him if he'd like to hear some special music, I gave him headphones and played *Remembrance*. While listening, he became very calm, his eyes widened, and he smiled vibrantly. He turned to his mother and said, “Listen, Mommy—it's the angels!”

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